

ATTACHMENT PATTERNS

A FREE INSIGHT MINI GUIDE



by Susan Taylor,
MSW, RSW

Therapist & Founder

Insight Therapy and Consulting

An Insight
Framework

Insight Mini Guide Series

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THE INSIGHT

The way you attach to other people is not random. It was shaped in your earliest relationships, long before you had words for what was happening. Attachment theory, developed by John Bowlby and Mary Ainsworth, describes how the bond between a child and their primary caregivers creates an internal template for relationships. That template, your attachment style, influences how you connect, how you handle conflict, how you ask for what you need, and how you respond when someone you love feels far away.

There are four broad attachment patterns. Secure attachment, where you generally trust that people will be there for you and feel comfortable both giving and receiving support. Anxious attachment, where you worry about being abandoned, seek frequent reassurance, and may feel preoccupied with your relationships. Avoidant attachment, where you keep people at a distance, value independence above closeness, and may struggle to express or even identify your own needs. Disorganized attachment, where you crave closeness but also fear it, often because early relationships were both a source of comfort and a source of fear.

Most people don't fit perfectly into one category. Attachment exists on a spectrum, and your style can shift across different relationships and different life stages. What matters is not the label but the awareness. When you understand your attachment pattern, you can start to recognize when you're reacting to an

old wound rather than the person in front of you. You can begin to choose behaviours that align with the relationship you want, not the relationship you learned to expect.

Attachment patterns are adaptations to specific environments. When those environments change, the adaptations can change too. The first step is understanding what you're working with and extending yourself the compassion you deserve for learning to survive in whatever conditions shaped you.

THE ACTION

One Thing You Can Try Today

Reflect on a recent moment of conflict or disconnection in a close relationship. What was your first reaction? Did you want to cling tighter, pull away, shut down, or some confusing mix of all three? That reaction is information about your attachment pattern. Don't judge it. Just notice it. Awareness is the foundation of change.



THE REFLECTION

Want to Go More In-Depth?

Attachment patterns are foundational to all four of my frameworks. The Pattern Loop Workbook explores how early attachment wounds create repetitive relationship dynamics. The Good Girl Contract addresses how attachment fears drive people-pleasing and self-sacrifice. The Self-Abandonment Set-Up traces how insecure attachment can lead to progressive disconnection from yourself. You can also take the free Pattern Quiz to discover which pattern is running your life right now.

The Good Girl Contract Workbook is available for purchase here: **[Good Girl Contract Workbook](#)**. The other workbooks are under construction and will be available for purchase shortly.

You can also take the **free Pattern Recognition Quiz** [here](#), to discover which pattern is running in your life right now.

I offer virtual therapy across Ontario for women who are ready to understand their patterns and build lives that feel authentic and sustainable. If that's you, I'd love to hear from you. Book a session with me and/or ask a question here: **[Insight Therapy and Consulting](#)**.

Let's talk about it.

Susan Taylor, MSW, RSW
[Insight Therapy and Consulting](#)

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